LAURIE DANIEL

THE GRAPEVINE

How local wineries are going 'green'

As Earth Day approaches, a lot of California wineries are trumpeting how they've gone "green." Some have installed solar systems; others are packaging their wines in lightweight, recyclable cartons or bag-in-box containers that require less fuel to transport. But perhaps most important, they're putting out the word that they're growing their grapes organically, biodynamically or sustainably.

There have long been certification programs for organic and biodynamic viticulture. The vineyard at Tablas Creek in Paso Robles, for example, was certified organic in 2003. Sustainable viticulture in California, however, relied largely on self-assessment programs like the Sustainable Winegrowing Program put together by the Wine Institute and the California Association of Winegrape Growers. That led some critics to complain that the term "sustainable" was too vague. Any winery could claim to be operating sustainably.

But in recent years, a few regional organizations have started third-party certification programs for vineyards that are being farmed with sustainable practices. One such program certified its first acreage on the Central Coast last year. The Sustainability in Practice, or SIP, program was put together by the Central Coast Vineyard Team, a Paso Robles-based nonprofit organization that has promoted sustainable viticulture for 15 years. The group had its own self-assessment program for growers, but in 2002, its members started talking about setting up a third-party certification.

They started with a pilot program involving 14 vineyards in Monterey, San Luis Obispo and Santa Barbara counties, which were certified in 2008. The bulk of those — nine — are in San Luis Obispo County, accounting for 2,100 acres out of the 3,700 total that were certified.

SIP, like other sustainability programs, goes beyond rules about herbicides and pesticides to encompass such things as water conservation, energy conservation, air quality and treatment of workers. "It's not just a chemical issue," says Kris O'Connor, executive director of the Central Coast Vineyard Team. "We're proud of the program."

Vineyards have to be recertified every year, and O'Connor says that some new vineyards are signed up for this year. "We will easily double our certification in 2009," she says.

The local companies who participated in the pilot program were the Niven family's Paragon Vineyards and Firepeak Vineyard in Edna Valley; Wolff Vineyard, also in Edna Valley; Laetitia Vineyard and Saucelito Canyon in Arroyo Grande Valley; and Robert Hall Winery, Castoro Cellars, D'Anbino Vineyards, Halter Ranch and Pomar Junction Vineyard, all in Paso Robles.

The biggest of those is Paragon/Firepeak, which encompasses about 1,200 acres. John Niven, vice president of sales and marketing for Niven Family Wine Estates, which includes the Baileyana and Tangent brands, says the family "always considered ourselves sustainable farmers." But he acknowledges that many consumers "look at 'sustainable' as an overused term." Certification makes growers prove what they're doing. "It's nice to put your actions where your mouth is," he says.

Niven says the first SIP-certified Tangent wines are just being bottled and will include the certification seal on the back label. Robert Hall Winery and Halter Ranch recently released their first SIP-certified wines. They, too, have the SIP logo on the back label.

TAKE A LUNCH TO WORK

MCCLATCHY TRIBUNE

IT'S LUNCH A LA YOU

In tough economic times, toting a meal to work is becoming a cheap, hip, healthy trend — we've got some strategies and recipes to help

BY GINA KIM
McClatchy Newspapers

Frugality is the new black. Throw in the terms "eco-friendly" and "healthier," and the result is a trifecta of hip.

Who knew packing a lunch could symbolize so much?

"It's every penny counts," says Kevin Wehr, an assistant professor of sociology at California State University, Sacramento. "It's expensive to go out to eat, and when people have fewer dollars in their pockets, it's a cheap and easy way to reduce expenses."

American adults carried 8.5 billion lunches from home in 2007, the most recent figure available, according to the NPD Group consumer market research firm. More than half were eaten at work, mostly right there on top of desks. And although sandwiches are still the most-packed item — 40 percent of lunches include them — there are easy ways to keep lunch from being the old standby PB&J.

"There's no question Americans are carrying more lunches from their homes than they were at the beginning of this decade," says Harry Balzer, NPD Group vice president. "It's the cheapest way to feed ourselves."

Matt Robinson has been taking food to his job as a legislative analyst at the California Department of Fish & Game for the past four years.

"I started realizing that I was going to La Bou and spending $10 a day on a sandwich and chips, and that I can buy an entire week's worth of lunches (for the price of one day) if I just went to the store," the 30-year-old says.

Robinson keeps it interesting by switching up what he buys at the supermarket each week — he'll choose different sandwich meats and cheeses, and he varies his bread to include pitas and wraps.

Packing a lunch doesn't have to be a time-consuming process, says Deborah Hamilton, who writes the blog www.lunchinabox.net.

Hamilton sends a bento-box lunch to school with her son every day.

"I would like to say I have a master plan and my evil genius of bento kung fu tells me what to do, but really it's whatever I have in the house," she says. "I try not to spend more than 10 to 15 minutes on any one bento because I have a kid I'm getting ready in the morning."

A bento box is simply a reusable container that encourages the packing of a variety of foods with a basic five-color rule — include at least five colors in each box. Hamilton likes using an assortment of containers she purchases for just a few dollars each because they automatically result in portion control.

If a box is packed using a general guideline of three parts carbohydrates to one part protein and two parts fruits and vegetables, the calories contained are usually relative to the size of the box — so a 600-milliliter box carries about 600 calories, she says.

And there's nothing that cannot go into a bento, even though it has Japanese origins.

"I have culinary (attention deficit disorder), and I can't stick to one particular ethnic group or food," Hamilton says. "So I bop all over the map, based on what I'm making for dinner."

Please see LUNCH, Next Page

VEGGIE TORTILLA BITES

Prep time: 10 minutes
Cook time: 30 minutes
Makes: 1 servings

- 1 medium potato, cut into small chunks
- 2 teaspoons olive oil
- 1/4 cup red bell pepper, finely chopped
- 1/4 cup frozen green peas
- 3 eggs, beaten
- Salt and pepper to taste

Boil potato chunks until tender, drain. Fry in olive oil in a nonstick frying pan until lightly browned. Add red bell pepper and cook until softened. Stir in frozen peas, then pour in eggs. Season and cook until eggs are set on bottom. Slide pan under a hot grill or broiler and cook until the top is set.

Cool and cut into wedges.

PER SERVING: 438 CAL.; 24 G PRO.; 31 G CARB.; 24 G FAT (6 SAT., 13 MONOUNSAT., 3 POLYUNSAT., 2 OTHER); 637 MG CHOL.; 819 MG SOD.; 4 G FIBER; 6 G SUGAR; 50 PERCENT CALORIES FROM FAT.

— Recipe adapted from "The Lunchbox Book: Nutritional and Creative Ideas to Liven Up Your Packed Lunch" (New Holland Publishers, $12.95)

RICE TRIANGLES

Prep time: 20 minutes
Cook time: 45 minutes
Makes: 4 servings (12 triangles total)

- 3 cups whole-grain sushi rice, dry
- 1/2 cup rice vinegar
- 1 teaspoon salt
- 1/4 cup sugar
- 2 tablespoon sweet sake or mirin
- 3 tablespoons sesame seeds
- 6 sheets nori seaweed

Wash rice, drain and cook as directed. While rice is cooking, prepare vinegar sauce by mixing together vinegar, salt, sugar and sake or mirin. Toss with cooked rice. Add sesame seeds and toss again. Allow rice to cool.

Wet hands and mold rice mixture into 1-inch-thick triangles with 2-1/2-inch sides.

Cut nori sheets in half and wrap each rice triangle in one half sheet.

For variety, shape rice into logs, spheres, cubes and pyramids.

PER TRIANGLE: 157 CAL.; 3 G PRO.; 33 G CARB.; TRACE FAT; 0 MG CHOL.; 209 MG SOD.; 2 G FIBER; 4 G SUGAR; 4 PERCENT CALORIES FROM FAT.

— Recipe from "The Laptop Lunch" by Amy Hemmert and Tammy Pelstring (Morning Run Press, $8.99)

FIND MORE LUNCH RECIPES ON THE NEXT PAGE

EXTREME COOKING

Baker takes her craft to the bottom of the world

BY NANCY STOHS
Milwaukee Journal Sentinel

Five months in total darkness, subzero weather and learning to improvise with limited ingredients make a stint cooking at a research station on Antarctica a once-in-a-lifetime experience

Hawaii, we understand. If I were inclined to cook or bake for a living, a position in the kitchen of a cruise ship that continually circles the islands would sound like a dream job to me.

But Antarctica? It gets ungodly cold at the bottom of the world. And dark (in winter). Not to mention that you're completely isolated from civilization as we know it.

None of this mattered to Joscelyn "Josie" MacLeod, a Wauwatosa, Wis., native who never dreamed that trading in nurse's training for culinary school would bring such adventure to her life.

Since September MacLeod has been employed by the National Science Foundation as a baker at McMurdo Station, a U.S. research facility and Antarctica's largest community.

In a recent e-mail interview, the 29-year-old talked about her life on the icy, frigid continent, where it's early winter:

Q. How did you hear about the Antarctica job, and what appealed to you about it?

A. I worked with a girl on (a cruise) ship that did a season here, and she said that it was the best seasonal job she ever had. I thought, 'Why not?'... To say you have worked in Antarctica is pretty cool — literally. I started for the summer season, which is from September to February. ...

The baker that was to stay here for the winter had a family emergency and had to leave early in the summer season, so they asked me if I would stay for the winter season. I thought why not, maybe it would balance out my body? I just had five months of sunlight 24 hours a day, why not have five months of complete darkness? ...

The scary thing about the winter season is that there is no way to leave. It is too cold for the planes to get here, so I am stuck here until September. I am due to leave sometime in October, then I will travel a while and be home for Christmas this year. My family is very happy for that, and so am I.

Q. Were there special preparations or purchases you had to make?

Please see BAKER, Next Page

FoodCalendar

THURSDAY

Rib Cook-Off. 6:15 p.m. Six local barbecuers compete. Farmers Market, Garden Street, San Luis Obispo. 541-0286.

FRIDAY

Wine Tasting. 5 to 7 p.m. Wine from Chamisal Vineyard and live music. Dolphin Bay Resort and Spa, 2727 Shell Beach Road, Shell Beach. $20. 627-1774.

SATURDAY

Wine 4 Paws. A portion of the proceeds from wine sales at participating wineries benefits Woods Humane Society. www.wine4paws.com.

SUBMIT YOUR EVENT

Send your event announcements two to three weeks in advance, e-mail at calendar@thetribunenews.com, via fax at 805-781-7905 or to The Tribune, P.O. Box 112, San Luis Obispo, CA 93406.

Cook'sQ&A

You say stock, I say broth

By Kathleen Purvis
McClatchy Newspapers

Q. What is the difference between chicken broth and chicken stock, both found on the soup aisle in the grocery store? Can they be used interchangeably?

A. That's a perennial question. And truthfully, it has a lot to do with semantics. Technically, stock is the flavored liquid you get when you simmer bones and flavorings such as fresh vegetables, and then strain it, discarding the bones and vegetables. Chicken stock, for instance, is made with bone-in chicken and vegetables, traditionally a mixture of diced onion, celery and carrot called a mirepoix.

Broth is the liquid left when you cook meat — with or without bones — and vegetables. See the difference? Neither do I.

The fact is, the two terms often are used interchangeably. Both are flavorful liquids, both are used to cook things, such as soups, or to make things, such as sauces.

I've even seen some sources claim that stock is used in restaurants and broth is used in homes. Nonsense — given a good hen and a pile of onions, carrots and celery, you're just as capable of making stock as any chef.

In practice, when a recipe refers to stock, it means a liquid that is richer and darker than a broth.

Until recently, the product sold in supermarkets usually was labeled broth, not stock. But recently, some brands have come out with a version labeled "stock." Theoretically, it should be darker and richer than the broth, but I'd bet that quality will differ according to brand. And stock made from scratch will still be better.

Contact Kathleen Purvis at 704-358-5236 or kpurvis @charlotteobserver.com.

IN SEASON

At farmers markets this week:

Kiwis **Sapotes**
Walnuts **Tangelos**
Cherimoyas

SOURCE: SAN LUIS OBISPO COUNTY FARMERS MARKET ASSOCIATION

DINNER TONIGHT

Scallop salad bursts with flavor and texture

A sweet and salty vinaigrette rounds out this tasty dish

By Bonnie S. Benwick
The Washington Post

This mouthwatering recipe comes from Joyce Goldstein's "Mediterranean Fresh" (W.W. Norton, 2008), which received a James Beard nomination this year (winners are announced in early May). The San Francisco cookbook author and restaurant consultant has thought these flavors through, and they all work in concert: the complexity of crisp mushrooms, toasted almonds, peppery greens and sweet scallops in a salty-sweet dressing.

You'll have some leftover vinaigrette, which would be good on grilled chicken or fish, cooked asparagus or artichokes. Refrigerate and use within three days.

Serve with warmed crusty bread.

WARM SALAD OF SCALLOPS, MUSHROOMS AND CATALAN VINAIGRETTE

Makes: 4 servings

- 3/4 cup sliced almonds
- 1 or 2 juice oranges
- 2 tablespoons capers
- 1 tablespoon anchovies
- 1 cup fruity extra-virgin olive oil
- 1/4 sherry vinegar
- Sea salt
- Freshly ground black pepper
- 8 ounces white or cremini mushrooms
- 5 to 7 ounces arugula (preferably small leaves)
- 1 pound small bay scallops

Toast the almonds in a dry skillet over medium heat; it should take about 4 minutes for the nuts to pick up a light brown color. Let cool, then coarsely chop and place in a 2-cup container with a tight-fitting lid.

Meanwhile, zest the orange(s) to yield 2 tablespoons, then squeeze them to yield 1/4 cup of juice; add both ingredients to the container.

Drain and coarsely chop the capers and anchovies, then add to the container; mix well.

Add the oil and sherry vinegar. Seal the container and shake well to form an emulsified vinaigrette; taste and season with salt and pepper.

Cut the mushrooms into thin slices and place in a medium bowl. Add 1/4 cup of the vinaigrette and toss to coat evenly.

Wash and dry the arugula; place in a large salad bowl. Add the mushrooms and toss lightly to combine. Season lightly with salt.

Heat 1/2 cup of the vinaigrette in a large saute pan over medium heat. Use paper towels to pat the scallops dry, then season them lightly with salt. Add to the pan; cook, stirring occasionally, for about 3 minutes, until the scallops become opaque but are still quite soft and tender.

When ready to serve, divide the salad-mushroom mixture among individual plates. Top each portion with the scallops and warm vinaigrette.

NUTRITION PER SERVING: 387 CALORIES, 26 G PROTEIN, 10 G CARBOHYDRATES, 29 G FAT, 4 G SATURATED FAT, 39 MG CHOLESTEROL, 356 MG SODIUM, 3 G DIETARY FIBER, 3 G SUGAR

MCCLATCHY TRIBUNE

Warm Salad of Scallops, Mushrooms and Catalan Vinaigrette.

Lunch

From Previous Page

Leftovers often go inside, and Hamilton also keeps three bins — one in the refrigerator, another in the freezer and a third in the pantry — with items that can be thrown into a box. She calls these "gap-fillers."

The refrigerator bin includes single-serving cheeses, hard-boiled eggs, grapes, cherry tomatoes and vegetables that can be quickly microwaved in a mini-steamer. The freezer bin holds pre-made rice balls, leftovers frozen in reusable muffin cups, mini-frittatas, and mini-hamburgers she made with leftover dinner meat. And the pantry bin has puddings, nuts and crackers.

As far as food safety is concerned, her son does not have access to a microwave or refrigerator, so she includes frozen fruit or juice that serves as an ice pack but also melts by lunchtime.

"You can make it really Martha (Stewart) if you want to," she says. "But it really doesn't have to be."

ASIAN PASTA SALAD

Prep time: 20 minutes
Cook time: 10 minutes
Makes: 6 servings

- 8 ounces pasta
- 1 cup broccoli, cut into bite-size pieces
- 1-1/2 cups green beans, sugar snap peas, cabbage or zucchini, cut into bite-size pieces
- 3/4 cup carrots, cut into thin 1-inch strips
- 1 clove minced garlic (optional)
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons sesame seeds
- 2 tablespoons fresh cilantro, chopped
- 1/2 cup bean sprouts

Boil pasta in large pot of boiling water until it is half cooked. Add all vegetables, except bean sprouts, and boil until pasta is al dente and vegetables are tender.

Drain and place in large bowl.

Mix together garlic (if using), sesame oil and soy sauce for dressing.

Add the sesame seeds, cilantro, bean sprouts and dressing to the pasta. Toss well.

PER SERVING USING CABBAGE: 215 CAL.; 10 G PRO.; 32 G CARB.; 5 G FAT (1 SAT., 2 MONOUNSAT., 2 POLYUNSAT.); 0 MG CHOL.; 457 MG SOD.; 4 G FIBER; 4 G SUGAR; 23 PERCENT CALORIES FROM FAT.

— Recipe from "The Laptop Lunch" by Amy Hemmert and Tammy Pelstring (Morning Run Press, $8.99)

VEGGIE PINWHEELS

Prep time: 20 minutes
Chilling time: 2 hours
Makes: 1 serving

- 1 tablespoon fat-free cream cheese
- 1-1/2 teaspoons fat-free ranch dressing
- 1 10-inch wheat tortilla
- 2 tablespoons broccoli, cooked or raw, finely chopped
- 2 tablespoons carrots, finely shredded

Stir ranch dressing into cream cheese. Spread mixture within 1/4 inch of entire edge of tortilla.

In a bowl, mix broccoli, carrots and optional ingredients such as 1-1/2 teaspoons sunflower seeds; 1 tablespoon sun-dried tomatoes packed in oil, patted dry and finely chopped; 1-1/2 teaspoons golden raisins; 1 tablespoon water chestnuts, chopped; or 1 tablespoon mango chutney. Sprinkle a thin layer of mixture on tortilla within 1/4 inch of edge. Roll up; pin with toothpicks. Chill at least 2 hours. Slice into pinwheels 1 inch thick.

PER SERVING: 274 CAL.; 8 G PRO.; 49 G CARB.; 5 G FAT (1 SAT., 3 MONOUNSAT., 1 POLYUNSAT.); 1 MG CHOL.; 521 MG SOD.; 3 G FIBER; 4 G SUGAR; 16 PERCENT CALORIES FROM FAT.

— Recipe from "The Healthy Lunchbox" by Marie McClendon and Cristy Shauck (Small Steps Press, $12.95)

BENTO-BOX LUNCH GUIDELINES

- Try to abide by the color rule: Have at least five colors of food in each box.
- Food should be tightly packed inside a bento box. Use reusable muffin cups as dividers and fill gaps with foods like cherry tomatoes and grapes. This not only gets the portion right but also keeps food from moving around.
- Generally a 600-milliliter bento will hold 600 calories if it is packed with about three parts carbohydrates, one part protein and two parts fruits and vegetables.

SOURCES: WWW.LUNCHINABOX.NET; WWW.GLOBALGOURMET.COM;

LUNCH TIPS

- Anything perishable that will be kept at room temperature for more than two hours should be packed with ice. Frozen fruit or juice can serve as edible or drinkable ice packs.
- Room temperature, moisture and protein are the three feeders of bacteria. Dry hot food on racks and pat dry with a paper towel to reduce moisture before packing in containers.
- If time is an issue, make a week's worth of sandwiches over the weekend, put them in the freezer, and take one to work each day. They will thaw by lunchtime. Pack moist vegetables or condiments separately to keep bread from turning soggy.
- Create a lunch pool with four people at work. Each person packs five lunches to share one day a week.
- Repurpose plastic condiment cups for salad dressings and dips.
- Invest in reusable lunch containers. There is a variety in different shapes, sizes, designs and materials: plastic, glass and stainless steel.

MCCLATCHY TRIBUNE

The Leaflet Tight bento box closes up securely to keep food from jostling.

REUSABLE GEAR

Regular Tupperware can be used to carry lunches, and two online companies sell lunch gear:

www.ichibankanusa.com (items cost from $1 to $8.50)

www.laptoplunches.com (the basic lunch box with containers that fit inside costs $22.99)

HINTS FROM HELOISE

A crust that's a cut above

Send a money-saving or timesaving hint to Heloise, P.O. Box 795000, San Antonio, TX 78279-5000, or fax it to 1-210-HELOISE or e-mail it to Heloise@Heloise.com.

Dear Readers: Saving money is No. 1 on everyone's mind these days, but you don't necessarily have to sacrifice taste when preparing a favorite dessert. In fact, with my quick and easy graham-cracker crust recipe, you can have homemade taste for less than you'd spend on a store-bought brand.

You'll need only three ingredients:

- 1/4 cup sugar
- 1/2 cup melted butter or margarine
- 1 cup graham-cracker crumbs

Make the crumbs by crushing about 8 whole graham crackers in a closed plastic bag with a rolling pin or by using a food processor. Then mix the sugar, melted butter and graham-cracker crumbs together.

Press the mixture into the bottom and sides of an 8- or 9-inch pie pan. Keep refrigerated until you're ready to use it. Doubling the crumb-mixture recipe works well for cheesecakes made in a springform pan.

— Heloise

Handy cooking spray

Dear Heloise: I find that if I spray a little cooking spray in my strainer when I am cooking pasta, the pasta does not stick. Saves pasta and scrubbing of the strainer.

— Jimmie Haury, Zachary, La.

Healthy eating

Dear Heloise: Due to high cholesterol, I have to eat "fake" eggs, which are not very fluffy. Now I add about 2 tablespoons of low-fat cottage cheese to 1/4 cup of fake eggs and stir over low heat. They come out fluffy and light, and taste great!

— Raul Kottler, Oak View, Calif.

I do egg-sactly the same, and it's a nice way to "fluff out" an egg-white omelet, too.

— Heloise

Looking over blueberries

Dear Heloise: My mother-in-law taught me to "look over" dry beans, peas and nuts for stones by pouring a single layer on a clean, flat surface.

Yesterday, I was having trouble trying to sort fresh field-picked blueberries for stems, bad berries, etc. I got a tray and poured a single layer of berries, and the job was done quickly.

I rinsed them well, drained in a strainer, packed and froze them.

They are really good frozen.

— Dixie Howard, Huntsville, Ark.

Baker

From Previous Page

A. I did bring my down blanket to sleep with, and a couple pairs of long underwear, but I didn't need to. I received all my extreme cold weather gear in New Zealand, right before I came down here. The only thing they don't provide is a pair of polarized sunglasses, which you really need in the summer season, because of the reflection off the snow. A lot of people get sunburn and burn their eyeballs.

Q. When you arrived at McMurdo, what was the temperature? What's the coldest it's gotten (with and without wind chill)?

A. When I got here it was minus 15 (Fahrenheit) with a wind chill of minus 25. That is the beginning of summer and the warmest it got was 34 degrees, wind chill of plus 9. Your body adjusts almost instantly to the cold. It actually felt warm outside. I would walk with just my T-shirt and lightweight wind jacket and was fine, but it is getting colder every day. Today (early March) is the coldest I have felt yet, minus 38 and a wind chill of minus 38, and this is just the beginning of winter. It gets to minus 95 degrees without a wind chill.

Q. What are your baking responsibilities?

A. I work six days a week, 60 hours a week. In the summer there were four to five bakers to feed four meals a day for 1,000 people. We would make three to four different desserts a day, a dinner bread, the breakfast pastries, all the white and wheat bread for the sandwich line, and special items the galley needed — i.e. hamburger buns, hot dog buns, baguettes, etc.

Now the population went down to 150, and I am the only baker. So I do all of the above, at a much smaller level, and I also do the ordering and menu planning.

Q. What are the special challenges associated with cooking/baking there?

A. There are some challenges like no fresh herbs for breads, and all the nuts were rancid, so now we have no nuts (well, maybe we are all nuts!). What we have is what we have.

There is no running to the store for more vanilla extract when we run out. So you learn how not to waste very quickly. And most of the food is expired. We need to have a two-year supply in case of an emergency. But the extra supply is never anything that you run out of or that you want.

The equipment ... is outdated but still does its function. Everything is electric, run with generators.

Q. How often do you get shipments of food? How have you had to improvise?

A. During the summer an ice breaker comes through and breaks up the sea ice. Then two vessels, called vessel off load, come in, one carrying fuel and the other carrying our food supply for one year. They bring us food and supplies and take away all of the waste we have for the year. It takes about 10 to 14 days, and the ice starts to freeze over, and it looks like nothing happened.

During the summer, we get fresh vegetables and fruits once every two weeks or so. We have a small greenhouse that provides us with some fresh veggies about once a month in the winter.

You have to be able to improvise here. The best example is cream. We don't get fresh cream, so we make McMurdo cream. We make really thick milk. Oh yeah, all of our milk is powdered. And coming from a dairy state, I cannot wait for a nice cold glass of real milk!

Q. How big is the kitchen staff? What's the work atmosphere/camaraderie like?

A. There are four cooks, one sous chef and one baker. We get along really well — at least so far. We all live, work and play together, so you get to know one another very well.

Q. What are some of the favorite foods of the McMurdo staff? What do they miss that you can't get there?

A. Well, I hate to brag, but everyone loves the baker. Some of the main dishes have been frozen for years and have some funny tastes, nothing that will get you sick, but some days all people eat is bread and soup, or dessert.

I really don't eat much here. After making the desserts, they just don't look appetizing to me. Most of us miss salad and fresh fruit.

Q. What do you do for fun on your days off?

A. There are a few walking trails you can hike or ski on. There is also a bowling alley (where you reset your own pins) — two lanes — a craft room, two gyms and a pottery room. I like to cross-stitch and read. But mostly sleep.

Q. What's your next adventure? What have been the biggest things you've learned so far from this job?

A. I have no idea what I am going to do after this. No goals, I just go where the wind takes me.

I really like to bake, but it is nice to change it up once in a while and cook.

I have learned how to adjust my level of production to avoid waste. Also, it is very dry, so I have to compensate for the amount of liquid in a recipe. But mostly I have learned how to function in a small, tight-knit community.

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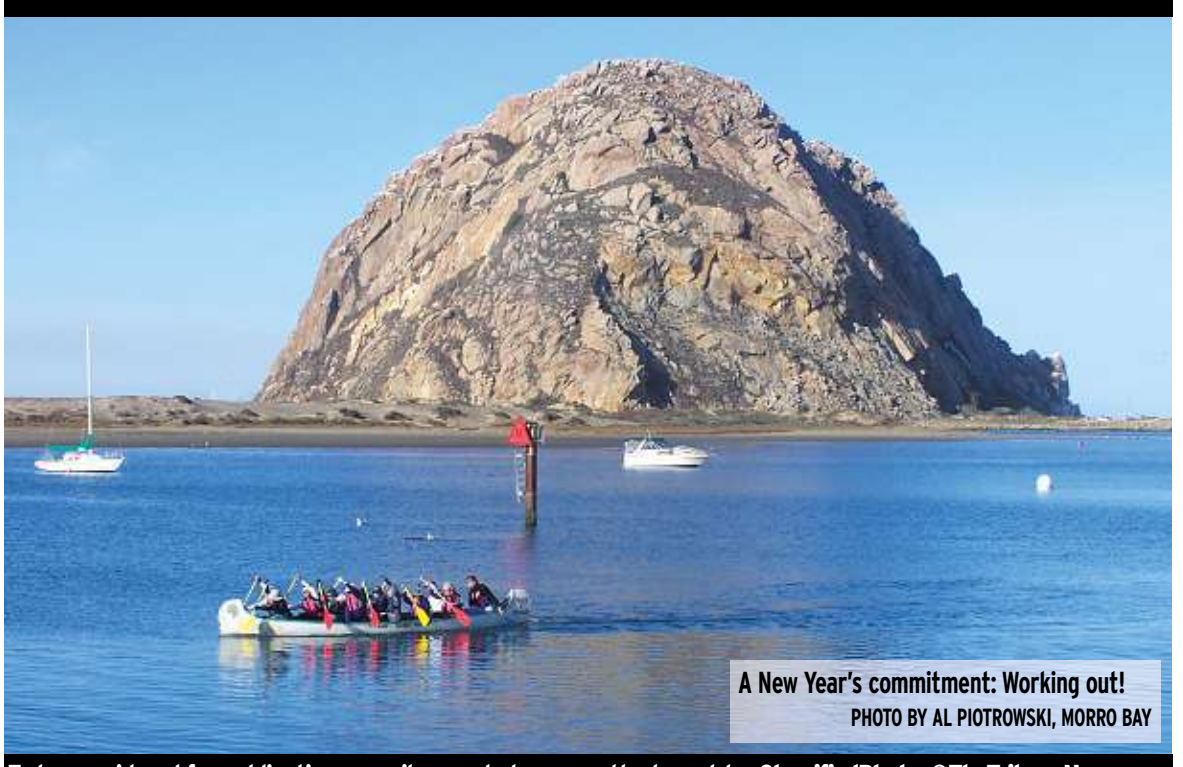

A New Year's commitment: Working out!
PHOTO BY AL PIOTROWSKI, MORRO BAY

To be considered for publication, e-mail your photo as an attachment to: ClassifiedPhotos@TheTribuneNews.com
Include your full name, phone number, address and brief description of your photo. Photos must be horizontal, at least 6" w. x 4" h. at 200 dpi.

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Lost

DOG male Beagle 11 yrs. old, recent surgery. Lost Santa Ysabel Ranch, Templeton area. REWARD! (805) 221-5173

DOG White Maltese. Named Teddy. Went missing 4/18 in Paso Robles, around the Riverbluff Homes on Navajo. Please call if you find him! **805-239-0052**

LOST DOG Medium-sized neutered male lost in San Miguel. Mostly black, w/ brown & white. Reward! **805-975-6705**

Lost

MISSING CAT HOLLY Beloved, black & white female. Long hair, spayed. Lost in Avila Beach near the Avila Bay Club. Missing 4/9/09. Please call if found or seen. **661-747-8862**

Tribune Marketplace
544-SELL

Found

Ads in Class 168 Found may run 4 lines/4 days/Free as a Service to our readers.

KEYS found at Laguna Middle school driveway at 4pm Thursday, April 16th. Call 544-9140

Services Offered

10 PEOPLE WANTED TO LOSE WEIGHT! 10 More People wanted to lose up to 30 lbs in 30 Days! Call for info. or check out the website: **www.dcnhealthforlife.com 800-293-8291**

Stuff

Giveaways

ADS in Class 202 "Free Items" may run: 4 Lines for 1 Day Free of Charge.

MAYTAG WASHER runs great! by 4/23 Free 239-5829

Wanted To Buy

CANOPY for outdoors approx. 10'x10' or 10'x20', must be in excellent condition. Please call 466-5631

PAINTINGS WANTED for immediate cash 19th and 20th century paintings by listed artist. American, European, Sculpture works on paper. (805) 927-9416

CLASSIFIED WORKS!

WANTED: Small pop-up tent trailer. Call 805-748-9971

Farm, Ranch & Livestock

SADDLE, smaller xlnt. condition $85.00 268-1016

Firearms

More Breaking News updates than any other local news source. Log on to SanLuisObispo.com

CLASSIFIED 544-SELL

Penal Code Section 12082; **"It is illegal under California law to transfer ownership of a firearm except through a licensed firearms's dealer"**.
The Tribune will **not accept** ads for handguns, stun guns, converter kits, automatic weapons or firearms that are concealable or for firearms wanted.

All ads must be verifed as fitting our criteria prior to publication. Ads are not guaranteed to start following normal deadlines. The Tribune reserves the right to refuse any ad.

Pets

A Breeder's permit number should be included in all publications for sale of animals when the cost of the animal is $50. or greater. Any ads (for animals sold at $50. or more) without this number will be researched by the Sheriff's Office, Animal Services Division and non-permit holders will be subject to citation. **For information call: 781-4400.**

ADOPT a Shy Cat From POUNCE Patient owners needed 528-7326 528-2917 **pouncecats@att.net** "give them a chance"

BICHON- Pure Bred AKC male, 12 wks old, non-shedding, all shots/vet checked. $500. 805-712-8652

TO GOOD HOME: male chocolate lab pointer mix, one year old, neutered, all shots, very sweet. Call for history. **805-686-0818**

WANTED: BIRDS 559-904-1452

Household Goods

BED Calif. King mattress for sale. Nice pillowtop! Never used. Includes the boxes too. Worth $899 asking $350 805-706-0609

BOOKSHELF 3 shelves, good condition. $50. 466-5631

CLASSIFIED 544-SELL

CHAIR & A HALF Big overstuffed recliner, comfy, earthtones, great condition. Price reduced $195. 466-5631

CHINA CABINET glass & wood very nice $90 239-3159

COFFEE TABLE Walnut like new! $85.00 929-6624

COLOR TV $75.00 805-295-9334

DINING ROOM TABLE, walnut $60 805-835-1655

Household Goods

DRYER $175.00 805-295-9334

ENTERTAINMENT CENTER Beautiful, golden oak, 30"w x 23".5" d x 83" h, fits up to 27" TV, lots of room for stereo/DVD equipment, 3 drawers on bottom. $195/obo. 466-5631

LAMPS Misc. lamps, $20 and shades, $10. Great condition. 466-5631

CLASSIFIED WORKS!

MEMORY FOAM MATTRESS Tempurpedic style memory foam mattress. Queen size. Still in plastic with warranty. Worth $1500. Asking $395. Can deliver. 805-706-0609

Household Goods

MODEL HOME FURNISHINGS Half-price Pottery Barn style furniture for sale. Warehouse inventory changes weekly. Beds, tables,sofas,chairs,etc. G. Beach 489-4277 Paso Robles 440-9085 **mhfurnishings.net**

OAK END TABLE w/ lamp attached. $25.00 466-4120

OAK TV STAND w/ storage, glass doors. $100 481-6073

QUEEN FURN. Headbrd, nite stand. + more $150 481-8698

QUEEN SIZE BED no frame, Restonic $85.00 544-2148

RECLINERS Two contemporary style, Lay-Z-boy, 3 yrs. old, dark tan floral fabric. Xlnt. cond. $200/both Call 805-927-2201

REFRIGERATOR $175.00 805-295-9334

REFRIGERATOR $90.00 805-295-9334

Business & Service Directory

NOTICE TO READERS:
"California law requires that contractors taking jobs that total $500 or more (labor and/or materials) be licensed by the Contractors State Licence Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at www.cslb.ca.gov or 800-321-CSLB. Unlicensed persons taking jobs that total less than $500 must state in their advertisements that they are not licensed by the Contractors State License Board."

Bankruptcy

* **Free consultation** Attorney Richard Rossi **805-541-1044** Debt relief agency

Caregiver

HOME TEAM HEALTHCARE Exp., honest, ref's avail. All shifts avail. (805) 610-7956

LIVE-IN reliable w/4 yrs. exp. in healthcare. First Aide cert. Ref's avail. **928-499-8509**

RN - Full Service 30 yrs. experience. Excellent references **805-234-2466**

Caregiver

Tender Loving Nursing Care provided to your loved ones. Annie 772-8872

Cabinets

We Do Kitchens! • Cabinets • Counters Design/Remodel/Install #529491 489-3158

Carpentry

Pacific Carpentry Affordable prices. No job too small! Lic# 630070 **441-2225**

Chimney Clean/Repair

USE CLASSIFIED IT WORKS!

CALL BIG STEVE Sweep + Inspect Yrly 30 years in SLO Cnty Lic# 597743. Cert. 264 www.chimneyservice.com **(805) 544-6802**

Cleaning Services

A1 HouseCleaning Experienced Excellent references **805-712-2614**

AGAPE HOUSECLEANING 20 yrs. exp. Xlnt. ref's. Call Shelly 473-8980

Beth's Cleaning Service Res/Comm. Low Rates/Free est. Lic#029022 598-0367

Cleaning Services

Busy Maids Serving SLO County Starting @ $60per hm Lic#074795 674-4374

EZE House Cleaning Res/comm. Special comm. rates. Lic/Bonded/Ins'd. **235-3089**

HOUSE CLEANING Great Experience Excellent references **805-748-3153**

Royal Treatment Cleaning accepting new clients. So. county Comm/Res. 481-4262

CLASSIFIED

Concrete & Asphalt

beachconcrete.com drive/walkways, patios, etc. Stamping, colors. Lic#632466 588-8040

MSA Concrete ALL Concrete Jobs Anywhere. 10 yrs exp. Lic#906324 431-5606

Van Note Const. Anything Concrete Lic#416127 32 yrs exp Super Steve 458-0025

Drafting

House Plans Room additions, workshops, guest houses, etc. DesignTech 931-0165

Drywall

All your drywall needs! 21 yrs exp. No job too small. Lic#855741 441-4431

Electrical Contractors

Bulldog Electric & Solar Res/commercial 24/7 Lic#839852 ★★ **459-6777** ★★

A SEMI-RETIRED Electrician & Son Since 1947 Lic367035 SLO/5 Cities Free est. ☎ **Cell 354-9119**

AMP'D ELECTRIC Res/comm. Low rates NO job too small Lic#930360 610-8833

CLASSIFIED

Need an Electrician? Call Jim, "I answer" Lic#522817 305-1872

SELECT ELECTRIC Svc. is our business lic673180 541-3036 528-5828 481-7978

Fencing

 # Fence, Decks & Gates Senior discount J.C. Const. 550-3798

Gardening

#1 Yard & Hauling Trees, pruning, weeds, hedges. No lic. Prompt Service. **610-4452**

Gardening

#1American Yards Clean-ups, monthly lawn maint. Free est. Lic#003158 **238-0787**

237-8257 878-9362 Weed wacking, garden cleanup, hauling, tree-trim, pruning. Free est.

J & M Yard Maint. Tree trim, haul, sprinklers, landscape. No lic 929-3279 709-2401

Kopall Gardening Maintenance, general cleanup. 10% off your current fee.Lic#106069 **805-305-7640**

Mowing, Tilling, Hauling, Clean-up South County area **Call 458-2044**

CLASSIFIED WORKS!

RC Lawn Service Landscape maint., clean-ups. Quality svc. Low rates. **400-8271**

Spring Clean-up! Roto-till, weeds, trees, hauling, sprinklers, etc. 441-9334 No Lic.

General Contracting

G.W. Anderson Const. All trades. High quality, low price. Lic#755210 547-9844

Miranda Const. Decks/fences/concrete remodels/additions/etc Lic#778608 441-2383

Gutters

Affordable Rain Gutters Seamless. 20 yrs. exp. Owner operated. **434-3602**

Handyperson

A+ Handyman Serving SLO County No. lic. **Call Tom** 542-9956 202-6273

HANDY MAN Clean, efficient & on time. The resources to complete any job, big or small. Call for a free estimate today & check us out on the web at www.remodelingslo.com. Trust a Professional. Lic #864293 **805-801-3708** Jeff Waggoner Construction Company

CLASSIFIED WORKS!

HANDYMAN No job to small! Hauling, fence, roof, decks. I'll do any type of repairs. just call. no license. **(805) 438-3821**

HANDYMAN Call Paul! He does it all! (805) 481-8462 no lic.

Home & Business Fix, Build, Install "U name it, i can do it" 30+ yrs. exp. No lic. Free est. 264-9041

Manley's Fences Decks, kitchen cabinets, patio covers. Lic#592716 237-8070

Hauling

#1 Bear Valley Yard clean-up, demolition, appliance & trash removal. **441-7743**

#1 Central Coast Hauling Junk Removal, lowest rates **Free Est.** 801-4887

Charlie's Hauling Service Clean-up, Debris removal, etc. 441-4407

JT's Hauling Trees, debris, garage clean-up, moving & recycling. **440-4207**

Landscape
➤ Architects
➤ Design
➤ Supplies

Tribune Marketplace
544-SELL

Cole Landscaping weed-whacking, Tree trim/clean-ups/etc Lic#883453 458-0430

FLORASCAPE Pavers•Fencing•Walls •Flagstone Patios Lic#822264 441-1562

Garcias Landscaping clean-up, hauling, new grass. No lic. 801-4766 534-9589

NEW LANDSCAPING Irrigation, Lawn,Trees, Wall, Fence, Weeding, Cleanup, no lic Prompt & Reliable Paso, Atas., Tmplton, Oakbreeze 238-2351

Landscape
➤ Architects
➤ Design
➤ Supplies

SLOSCAPE quality dependable landscape maint, clean-up, installation & repair svc lic#770992, free est. **805-546-0875** or visit **sloscape.com**

Moving

Redline Movers 805-772-2250 Lic'd & Ins'd Cal-T 190467

Painting

A-1 Quality TripleH Waterproofing, Ext/int. Free est.Bonded/ins'd Lic #707292 481-8749

Arts Custom Painting *Attention To Detail!* License #843491 (805) 481-7681

B & B PAINTING New, old, remodel, etc. FREE estimates. Lic #800721. 227-0745

Low Prices Quality Painting and Handyman Svc. 20 yrs exp. Lic#783211 481-6199

Mark's Painting Int/Ext Xlnt. refs. Quality work/low price Lic#691755 781-8510

Painting & Drywall Repair/Texturing Interior & Exterior Lic575181 **545-9513**

Painting

TERRY STONE PAINTING Standard or Creative Projects - Mobiles too! Lic#744384 528-5449

WILSON QUALITY ★ PAINTING ★ husband & wife team lic#690612 **596-5315**

Plastering

Hughes Plastering Exterior Lath & Plaster. Prompt/Prof'l Service Lic#841271 462-9778

Plumbing

All Clear Plumbing Drain/gas. We do it all! Countywide Lic897655 540-1321 927-1924

Anchor Plumbing Quality Service. Reasonable rates/local Lic#882030 772-2951

Sprinklers

SPRINKLER & Drip. Install & Repair. No lic. Prompt & Reliable Oakbreeze 238-2351

TOBY'S Sprinklers, Sod & Landscape. Install & design, lic#810562 **226-0935**

Tree Service

Bunyon Bros. Tree & Crane Service Trim/removal/grinding chipping. Free est Ins. Lic#786151 547-1903

Weed Control

#1 Bear Valley Brush removal, lot clearing, yard access, poison oak. **441-7743**

J.B.'s General Engineering 1 acre or 100! For all your needs this spring. Lic#595006 391-3452

WEED ABATEMENT Discing, mowing and brush grinding! (805) 320-0830 Bhaley@haleylandandlivestock.com

CLASSIFIED 544-SELL

WEED ABATEMENT YARD CLEANUP Mowing-weedeating-backhoe-garbage removal-sml/lrg jobs All SLO county-no lic. **805-610-0505**

Windows
➤ Window Cleaning

30% Tax Credit Up to $1500 for 2009 **MILGARD** Replacement windows **Commercial Glass** lic #652628 **(805) 788-0311**

THE TRIBUNE

Call today for home delivery. 1-800-288-4128.

Household Goods

SOFA Beige floral xlnt. condition! $85.00 929-6624

TWIN BED frame Tube steel, wood legs $35.00 481-8698

TWIN MATTRESS Sealy Posturepedic $30.00 481-8698

WALL MIRROR 3ft by 2ft beveled edge $20 239-3159

WASHER & DRYER Maytag, white $100 474-4663

WASHER $200.00 805-295-9334

Firewood

ALMOND WOOD 16-20" lengths. Split. Delivery & Stacking. Call Brian 781-0954

Miscellaneous

BARBECUE galore 3 burner, cover, rotisserie $50 927-5883

BEDLINER New 02-09 Dodge Ram sh. bed $90 464-0345

COOKTOP Thermador Glass Cooktop. Model GG30. Gas Operation with piezo-elctronic ignition. $100. 466-5631

DISNEY JACKET Denim Pooh wm small 481-6073 $45.00

DOCTOR'S SCALE Old Sears Doctor's Scale. Model 6450. Max weight 350 lbs. $60/obo. 466-5631

GAZELLE EX MACH T. Little's Heavy duty $38.00 772-6042

Used Vehicles Sell Fast in Auto Central

THE TRIBUNE

544-SELL

MATTRESS for adjustable bed, new, $200 543-1626

PORTA POTTY for elderly or handicap. Adjustable seat. Great condition. $35. 466-5631

PROM DRESS red satin, size 12 $25.00 434-1545

SWIMMING POOL Doughboy Blue Glacier

Just in time for Summer Fun in the Sun!

Swimming Pool 16' x 24' Too many features to list! Call for details. **$1,200** Or Best Offer **805.461.5888**

TABLES Circular and oval. $20/each. 466-5631

TOMATO PLANT Large Healthy $1 call 528-0148

TOW BAR Hooks to metal bumper $35 805-835-1655

TRUCK BED 1975 GMC 8 foot good cond. $250 528-6057

TRUCK TOOL BOX like new $200 call Ron 503-8194

TV STAND 2ft by 27" with shelf verynice $20 239-3159

TV/ COMPUTER/ PRINTER cabinet, 28 1/4" w x 24" h x 15.5" d, great condition. $50/obo. 466-5631

WHEEL COVER for 5th wheel, like new in bag $250 441-4219

WINDSHIELD golf cart. with mounts $50 466-3208

Business Opportunities

More Business Opportunities can be found in Category 503!

READERS ARE CAUTIONED to make no investments before thoroughly investigating any advertisement in the Business Opportunity columns which require investments in stock samples, equipment or cash bonds.

Route Driver Needed In: San Luis Obispo

Early Morning Hours **Start Tonight!**

Newspaper Routes Available

Delivery time: approximately 2 hours per night.

Approximate profit range: $180 per week - $800 per month

Call Chris Nielson 805.471.0181

ATTN: Wanted 29 Serious People to work from home using a computer. Earn up to $1,500-$5,000 mo. Part or full-time www.GamWorldWide.com

MACHINE SHOP For Sale, Complete. Over $30K in equip. Will sell for $15K/obo + low rent space avail. For complete list of equip. call **975-3738** or email request to machineshop4sale@gmail.com. Lv name & phone #. Motivated!

USE CLASSIFIED IT WORKS!

SLO COUNTY OFF SALE BEER & WINE LICENSE Call 805-291-2656

Antiques Collectibles

LAMPS Antiques, great cond. $100 obo/ set. 466-5631

Office Supplies & Equipment

COMPUTER DESK black, Modern $25.00 466-5120

Musical Instruments

NEW GUITAR plus much more! $175 238-4278

SAXOPHONE Selmer Bundy, Good Cond. $100 440-8480

Tools & Machinery

5HP ROTOTILLER Front Tine 24" $200 544-2148

DRILL PRESS Walker Turner DDP500, Hoover 1/2HP motor, 3/8" chuck. Also included heavy duty Vice. Both mounted on Solid Steel table 2'x4'x3' $375 obo **805-528-1132**

Tools & Machinery

HAND DRILL electric, with extras $10 239-3159

RADIALSAW Craftsman 10" with table . Model #113-23111 $150 **805-528-1132**

WEED EATER homelite straight shaft, duel line $50 466-3208

Building Materials

FREE HOUSES (2)
-To be moved
-Date to be determined
-$2.0 m liability Insurance policy naming current property owner will be required.
-For further information please Fax request to **805-549-0702**

Garage Sales

AMAZING SALE Old & New **ANTIQUE DOLLS AVAILABLE ON REQUEST** Clothes, books, knick knacks something for everyone! **2437 Alban Pl., Cambria 8am - 12noon 4/25/09 then everything HALF OFF until 1pm!**

Tribune Classified Marketplace will Sell Your Vehicle FAST!

THE TRIBUNE

544-SELL

CAMBRIA Armoire, books & misc. No early birds. Sat. 9am-12 **2566 Leona**

CAMBRIA SALE Home & Garden & Misc. Sat. 9-2 **1748 Spencer**

CAMBRIA Yard Sale Sat. 4/25, 8:30-11. Lots of good stuff. **2145 Skye St.**

CAMBRIA Flee Market benefitting the American Field Service students raising money to pay for study programs abroad. Donated items needed. Contact Sharon Bisso at 927-3889 or 995-1432 to arrange pick up or drop off. **Sat. 4/25, 8-1 1350 Main St.** The old grammar school.

MORRO BAY 2 BIG SALES! One for the ladies and one for the guys! **Guys:** Household items, vintage electronics, bikes & parts, vinyl, clothes trombone, videos, cd's blankets and many other man cave items! **Ladies:** Clothing, framed art, size 10 & 11 Shoes, books & Misc. Sat. Only **565 & 516 Acacia 7am - ?**

Jobs

Schools & Training

BEGIN A NEW CAREER IN 3-4 MONTHS Massage therapy classes starting on May 3rd 461-4808 www.chieducation.com

Employment Opportunities

CAUTION: Make no investments before investigating advertisements in Class 310 Employment Opportunities which require investments in stock samples, equipment or cash bonds. **The Tribune strongly urges you to fully investigate thoroughly before making commitments or sending money in any form.**

Help Wanted

HELP WANTED POSITIONS OFFERED

The first word of Help Wanted ads must be the title of the position offered and will appear in upper case bold. Ads will flow in alphabetical order, sorted by the position title.
Positions that require a fee of any kind, or ask for any out of pocket money from the job seeker to apply for the position(s) advertised will not appear in the Help Wanted classification section but can be found in Employment Opportunities. The Tribune strongly encourages job seekers to investigate thoroughly before sending money or providing any personal information when seeking employment.
The Tribune

More Breaking News updates than any other local news source. Log on to SanLuisObispo.com

CAREGIVER ACTIVE CARE is seeking kind professionals to help Seniors at home. Light care to complete care. 24 hour shifts to part-time. **(805) 772-7744**

Web ID TB6813169 VIDEO

CAREGIVER You would provide non-medical personal care & general help in their home. Starting wage $9/hr. Locations Vary. Exp. only. Please call for an appt. Pismo Beach 805-773-3744 Paso Robles 805-227-6437

Home Instead SENIOR CARE

Web ID TB6807899 VIDEO

Help Wanted

How to use Web ID:

1 Log onto: **San Luis Obispo .com/jobs**

2 Go to: **Search by Web ID** and enter Web ID number

3 **Find your job!** Submit your resume and apply online

CAREGIVERS ALL HOMECARE Experienced caregivers for hourly, 12 and 24 hour shifts. Inquire about our 24 hr. caregiver bonus as well as our Rx benefits. Please call **(805) 473-4043** or apply at www.all-homecare.com

Web ID TB6807652 VIDEO

H·O·M·E CARE·GIVER SERVICES

CAREGIVERS 24, 48 & 72 hour shifts 4 to 12 hourly shifts. Only experienced & dedicated need apply. Top pay & Benefits Guaranteed. **(805) 781-8156 (888) 439-8800**

Web ID TB6808327 VIDEO

Help Wanted

DENTAL OFFICE in North County looking to add a person to our team. Job includes help with both front and back office duties. Experience preferred but will consider training the right person. Call (805) 239-2001. Mon. - Thurs. or fax resume to: (805) 239-2118

Web ID TB6812509

HAVE AN OPEN POSITION? Let us help you fill it! Combine print and online for MAXIMUM results. **The Tribune and Careerbuilder.com** Reaching 95% of SLO County Job Seekers NOW! Call an employment representative today! 781-7814, 781-7820 or 781-7821

Tribune Marketplace

544-SELL

HOTEL FRONT DESK Seeking customer service oriented person. Must have computer skills. Apply in person at: **Sands by the Sea** 9355 Hearst Dr, San Simeon or call **(805) 927-4668**

Web ID TB6810162 VIDEO

ALLAN HANCOCK COLLEGE — Santa Maria, CA

Now recruiting for the following positions:

Job Title:	Closing Date
Dean, Academic Affairs	4/30/09

Please visit: **www.hancockcollege.edu** **or call (805) 922-6966 ext. 3378, 3509, 3338** for more information on open positions

EOE

Sales

THE TRIBUNE Newspaper of the Central Coast

PRINT & ONLINE ADVERTISING SALES EXECUTIVE

The Tribune, a 40,000 circulation McClatchy newspaper in San Luis Obispo, CA is seeking an ambitious, experienced sales professional to develop and grow advertising sales for the daily newspaper and its website www.sanluisobispo.com. This individual will focus on maintaining and growing print and online advertising in the automotive category while strategizing and developing new business in other assigned categories to grow market share. He/she will establish strong customer relationships, understand clients' business needs and develop comprehensive, tailored solutions to focus on their clients' target customers. He/she will educate advertisers on the benefits of newspaper print and online advertising, prepare and present proposals, resolve customer inquiries and meet daily deadlines.

The successful candidate will possess effective communication skills, strong conceptual and analytical skills, the ability to strategize business opportunities, analyze market research and demonstrate the ability to manage multiple accounts and tasks. Excellent presentation, negotiation and closing skills. Must be an accomplished PC user and have a strong depth of knowledge of the Internet and interactive media.

This candidate will have 3+ years of successful track record in B2B sales; advertising sales experience in print, radio or television a plus. Experience in online advertising sales highly desirable. Degree in marketing, communications or business preferred.

This position includes base salary plus commission and medical, dental and vision insurance.

Applications may be picked up/dropped off at any of our locations:

- **Tribune SLO** • 3825 So. Higuera
- **Paso Robles** • 705 Pine St
- **Cambria** • 2442 Main

Submit resume, cover letter and salary requirements to: Attn: Human Resources at any of the above locations. Or mail to: The Tribune, Human Resources P.O. Box 112, SLO, CA 93406 dgoetz@thetribunenews.com

EOE

Web ID TB6807195

Help Wanted

HOTEL HOUSEKEEPER P/T at Bed and Breakfast in Cambria. Must speak English. Great atmosphere and pay! (805) 927-3222

Web ID TB6813490

HOUSE MANAGER Full-time, plus benefits. Under direction of Shelter Services Director oversee daily operation, provide direct client services. Send resume to: eallan@tcsn.net or fax to: North County Women's Shelter (805) 461-8115

Web ID TB6812497 VIDEO

Sell It Fast In The Tribune Classified Marketplace

THE TRIBUNE

544-SELL

NURSE ASSISTANT DIRECTOR OF NURSES P/T position 2 days per week working with mentally and physically challenged adults. Responsibilities: monitoring client medical care, treatments, medications, staff and completing assessments and reports. We offer competitive salary. Call Suzie at (805) 544-5332 x121 or send resume to: Casa De Vida, 879 Meinecke Ave SLO, CA 93405 or fax to: (805) 544-5548 sebaugh@rescare.com EOE/AA

Web ID TB6813500 VIDEO

NURSING

RN F/T opening. 11pm - 7:30am shift. Long term care exp. helpful.

Please inquire at: Cabrillo Care Center 3033 Augusta St San Luis Obispo

Web ID TB6810917 VIDEO

More Breaking News updates than any other local news source. Log on to SanLuisObispo.com

RECREATION

CITY OF MORRO BAY

KIDS' CAMP COUNSELORS & COUNSELORS - IN - TRAINING P/T 20 - 40 hr. wk. $8.00 - $9.12/hr. supervise kids in summer day camp setting & assist in preparation of activities & field trips. **Deadline: 5 /22/09**

Apply at 595 Harbor, Morro Bay (805) 772-6207

Web ID TB6811190 VIDEO

RETAIL SALES P/T, possibly F/T retail help needed in popular Cambria apparel/leather goods store. Seeking kind helpful person who enjoys staying busy and providing cheerful customer service. Pleasant atmosphere. Appreciative owners. Apply in person: Cambria Wildwood **4210 Bridge St.** corner of Bridge & Main St. East Village

Web ID TB6809083

Help Wanted

More Breaking News updates than any other local news source. Log on to SanLuisObispo.com

SALES OUTSIDE SALES REP Established SLO Water co. seeking outside sales rep. Seeking independent, team- oriented individuals. Door to door sales position. Must have clean DMV. Apply in person at: **Crystal Springs Water 3215 Rockview Pl San Luis Obispo**

Web ID TB6812534 VIDEO

Journalism

SIERRA STAR THE FRESNO BEE MCCLATCHY

Editor

The Sierra Star, a McClatchy Company newspaper located in Oakhurst has an opening for an Editor. This position is responsible for managing the newsroom, assigning and editing stories, writing editorials and occasional stories, taking photos and pagination.

Bachelor's degree in Journalism and experience in editing, writing and managing a newsroom staff preferred. Must have excellent written and verbal communication skills with a strong command of English grammar and AP Stylebook. Unisys experience, the pagination and word processing system used at the Sierra Star a plus. Acceptable driving record required.

Competitive salary and excellent benefit package. Current DMV printout required with application. Applications can be downloaded www.fresnoBee.com/beejobs/ and submitted with cover letter and resume to:

The Fresno Bee
Human Resources
1626 E Street
Fresno, CA 93786
Fax (559) 441-6053
EOE

All offers of employment are contingent upon successful completion of a drug test.

Journalism

SIERRA STAR THE FRESNO BEE MCCLATCHY

Reporter

The Sierra Star, , a McClatchy Company weekly newspaper located in Oakhurst, California has an immediate opening for a general assignment reporter. This position will write stories and take photos for the weekly edition. In addition, this position will also write stories for special sections, compile the obituaries, wedding and engagement announcements and may serve as a backup paginator.

Bachelor's degree in Journalism or Communications, and newspaper experience preferred. Must have excellent written and verbal communication skills with a solid knowledge of English grammar and AP Style. Must be able to work as a team. Pagination and photo experience a plus. Acceptable driving record and dependable transportation required.

Competitive salary and excellent benefit package. Current DMV printout required with application. Applications can be downloaded **www.fresnoBee.com/beejobs/** and submitted with cover letter, resume and samples of your work to:

The Fresno Bee
Human Resources
1626 E Street
Fresno, CA 93786
Fax (559) 441-6053
EOE

All offers of employment are contingent upon successful completion of a drug test.

CENTRAL COAST CHURCH DIRECTORY

LOS OSOS CHURCH OF CHRIST
2058 LOS OSOS VALLEY ROAD 528-1658
Brent T. Willey, Evangelist
SUNDAY
9:45am - Bible Classes
10:45am - Worship
6:00pm - Worship
WEDNESDAY
7:00pm - Bible Classes
SLO Public Access TV Channel 2
Sundays at 11:30am
Tuesdays at 8:30pm
Saturdays at 2:00pm

For information on how to enter your message in this Directory, call 781-7815.

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3rd & Ocean St. ~ 995-3821
Pastor Dale James
www.cayucoschurch.org

ST. PETER'S BY-THE-SEA EPISCOPAL
545 Shasta
Morro Bay
772-2368
SUNDAY
8 am Holy Eucharist
9:30 am Youth Education child care
10:30 Holy Eucharist choir, coffee hour
THURSDAY
10:00 am Holy Eucharist
11:00 am Bible Study
The Rev. Harriet B. Linville, Rector

0422-9

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Rentals

Apartments For Rent

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ARROYO GRANDE 1 bedrm, 1 ba upstairs apt. at priv. res. No pets/smoking. All utils pd. W/D.Carport. $850/mo+ dep. **481-9569**

ARROYO GRANDE 2 Bedrms from $875 -$950 Rent + Deposit. **B&W Management 489-0667**

ARROYO GRANDE VILLAGE, 2 bedrooms, Older home, large fenced yard, consider pets, $1100 plus dep. **Iverson Realty 481-1422**

ATASCADERO For Rent. Low cost senior apartments. EOH **466-0759**

ATASCADERO Seniors , A/C, One bedroom, w/private patio, central lobby, on-site laundry, walk to downtown. No pets. $650/mo. + $750 sec dep. **461-9240**

ATASCADERO 5340 Olmeda. 2 bedrm, 1 ba newly redone apt w/ garage. $800/mo + $900 dep. No pets. Darci, 461-1292

ATASCADERO 1 bedroom w/garage, walk in closet, refrig, private patio, clean, quiet.No pets/smoking 7407#C Santa Ysabel $775/mo. **441-9872**

CLASSIFIED

ATASCADERO 1 bedroom duplex. AC, appliances. No smoking or pets. Parking by front door. $725, water & trash pd. **466-3853**

ATASCADERO 2 bedrm, 1.5 bath townhouse. $900. Small Pets OK. Casa Ysabel Apts. 7605-7685 Santa Ysabel. **461-9126**

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CAMBRIA 1 bedrm, frplc, West Village area, no pets, $800/mo. + sec. dep. **927-4917**

CAMBRIA Small apt. for rent. $525/mo.+ dep + utils. **916-784-3350**

CAMBRIA: Sm 1 bedrm, kitchenette, ocean view, utils & cable pd. No smoking, no pets. $750 + dep. **805-927-8270**

CAMBRIA ***New Price!*** 1 bedrm, 1.5 ba townhouse. Garage + parking. Frplc, 2 decks, priv. yd, W/D. No smoking/pets. $890/mo. **927-3457 cambria8@earthlink.net**

CAMBRIA ***New Price!*** 1 bedrm, 1.5 ba townhouse. Garage + parking. Frplc, 2 decks, priv. yd, W/D. No smoking/pets. $890/mo. **927-3457 cambria8@earthlink.net**

GROVER BEACH 1/1, $785 Rent + Deposit. **B&W Management 489-0667**

GROVER BEACH 2 bedrm,1.5 ba,carport $950 Rent + Deposit. **B&W Management 489-0667**

GROVER BEACH 3 bedroom, 1 3/4 baths, single car garage, walk to beach, $1100 plus sec dep. **Iverson Realty 481-1422**

LOS OSOS 1+1. $750/mo. + dep. Water/trash pd. No dogs. 805-646-0678

LOS OSOS 2 Bedroom, 1.5 bath townhouse style apartment with patio, $950 per month **Call Terry (agt) JDR Real Estate Services, Inc. (805) 781-3595 x5**

LOS OSOS Duplex. 1 bedrm, quiet, no pets. $795. 748-3090 1268 Santa Ynez Ave

MORRO BAY 2/1, deck, ocean view, carport. No dogs/smoking. $1000/mo + Deposit **495 Napa 772-5445**

MORRO BAY-N. New 1 bedrm, 1 ba, high ceilings. No pets. $750. **805-771-8062**

OCEANO 2 bedrm, 1.5 bath, $900 Rent + Deposit. **B&W Management 489-0667**

PASO ROBLES Nice 2 bedroom, 1 bath apartment, carport. Laundry room. water/sewer & landscaping paid. $875 per month, security required. 1502 Pine #5 **Tom Taylor Realty 805-550-8427**

PASO ROBLES 621 Oak St. #A 2/1.5, no pets. $1025. **310-821-7639**

PISMO BEACH 1 & 2 bedrms. Starting at $900/mo. No pets. 773-2308 or 773-1544

SHELL BEACH 2 bedrm, 1.5 bath, 1 block from beach, 1 car garage, water, trash, basic cable paid! $1,200. **REG Prop. Mgmt. 541-6664 www.regmgmt.com**

CLASSIFIED WORKS!

SLO Modern Apt., 1 bedrm, approx. 750 sq.ft, $1,150/mo., 1 month free with 1 year lease. Call to see
Quaglino PROPERTIES
543-0560 x110 www.quaglino.com

SLO: 1/1, $875 Rent + Deposit **B&W Management 489-0667**

SLO We have a great inventory of available rentals for July. check out our web site at: **www.regmgmt.com REG Prop. Mgmt. 541-6664**

SLO Motel Room Refrig, micro, cable TV.Low rates on Sun-Thurs. Weekly avail. No pets. Call 543-7700

SLO: 2 bedrm, $1050/mo. to mo. & $1050 dep. **1 bedrm,** $800/mo. + $800 dep. Water & trash paid. No pets, no smoking. **543-1871**

SLO: 2 bedroom townhouse with fireplace, refrigerator, private patio, clean, quiet. No smoking/pets. $1150/mo. **441-9872**

SLO: 1 Bedrm Apartment Available. $865. Please Call **544-8620**

SLO: 1 bedrm duplex. Stove, refrig, D/W, & on-site laundry. No pets/no smoking. Avail Now! $850/mo + Deposit. **503-9439**

SLO: 1 bedrm, 1 ba townhouse. $860/mo. + dep. 1 year lease. Fully refurbished. No pets. 1581 El Tigre Ct. **805-787-0965**

SLO: 2 bedrm, 1.5 ba townhouse apt. Patio, laundry facility, no pets. Water & trash pd. $1200 + dep. **544-0376**

SLO: 560 Hathway Ave. #F 1 bedrm w/den. $800/mo. Between Cal Poly & Downtown. Avail Now. (805) 546-1097

SLO: Close to Cal Poly. 1 & 2 bedrm townhomes, spacious 2 story floor plan. Newly refurbished pool. On site laundry rooms, basic util pd. 805-543-2032

SLO: Close to downtown 2 berm, 1.5 bath. New carpet and paint. Small backyard. Water, trash, sewer paid. Credit check and deposit required. $1250. 543-0647

SLO: de Tolosa Apts. New, lg 1 & 2 bedrm. Xlnt location. Fitness center, garage & carports, laundry hookups, pool, spa, free computer center, game room. **543-7900**

SLO: DOWNTOWN STUDIOS **Cute studio,** garage & laundry - $900/mo. **Lovely studio** by City Hall; fireplace & separate kitchen, small yard - $1000/mo. **Studio-House;** separate bedrm & Lovely yard; may be nicest in town! - $1200/mo. **805-440-5064 (agt)**

SLO: Lg 3 bedrm, 2 ba townhouse. $1600, water/trash pd. No pets. **546-0814**

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GROVER BEACH 2/1, extremely charming, laundry, garage, fenced, properly maintained, gardener pd. $1395 Lease 489-7586

POPE MGT. 481-6999
ARROYO GRANDE 2 bedrm, 2 bath, single story, den, fireplace, new carpet, dbl car garage and nice yard. $1,595/mo. **504 Morning Rise** VISIT OUR WEBSITE www.popemgt.com

ARROYO GRANDE No rent till 5/1/09. Corbett Cyn & Hischier. Lg 1/1. $1099. Lease. Pets ok. 459-1388

ARROYO GRANDE 3/2, garage, yd, $1500 Rent + $2250 Deposit. **B&W Management 489-0667**

ARROYO GRANDE 3/2.5, on golf course. $2300 + Deposit. **B&W Management 489-0667**

ARROYO GRANDE 3 bedrm home, 1.5 ba w/ocean view. $1800. **Call 441-4098**

ARROYO GRANDE Newer 1400 sq. ft. 3 bedrm, 2 bath. W/D, stainless steel refrig, stove, microwave & gardener incl. Many upgrades e.g. Corian Countertops, window shutters & title floors. For more photos go to galley.me.com/ayorba.com Shown by appt. only. **805-709-0366**

ARROYO GRANDE 3 bedrm lakeside home at Cypress Ridge. **481-4150 or 441-7411**

ARROYO MESA Lg 2/2 dbl wide mobile. Country, Hwy 1,lease. $1150/mo. **489-1871**

ATASCADERO 2 bedrm, 1.5 ba condo w/frplc, pool, AC, W/D. $1100. **434-3837**

ATASCADERO 1 bedrm in quiet park-like setting. $950/mo utils. incl. Aval 5/1 **805-543-8801**

CAMBRIA Lg 1 bedrm, 2 ba house, fenced yard, frplc, $1375/mo, inclds utils. **927-8150**

Scenic Coast Property Management
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View all rentals @ www.cambriacoastrentals.com
Bradford 2 Bedrm/2 Ba. $1650, no pets
Canterbury 1 Bedrm/ 1 Ba attach'd Studio. $775
London Lane 3 Bedrm/ 3 Ba. $1700
www.sceniccoastrentals.com (805) 927-6163

CAMBRIA 2/2 clean, view, garage, pet friendly. $1475/mo. **927-6129**

CAMBRIA Ocean views, Happy Hill. Beautiful 2 bedrm, 1.5 ba, frplc, cathedral ceilings, deck, garage, laundry, some furn. $1550. **965-5862**

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Houses For Rent

Quality Mgmt. Services 927-2953

CAMBRIA
Dorset St: 1 bedrm, 1 ba, frplc, carport, refrig, W/D. Avail Now. $800/mo + dep
Pembrook: 1 Block to Shamel Park. Single level, 2 bedrm, 2 ba, frplc. Avail Now. $1000/mo + dep.
BALBOA/San Simeon: Ocean front beach! 4 bedrm, 3 ba, 1 car garage, family/livingrm, 2 frplcs, all appliances, no pets. Avail. Now. $1990/mo+dep.
Dovedale: 3 bedrm, 2+1/2 ba, sgl garage. All new paint, carpet, linoleum, appliances! No Pets. Avail Now. $1550/mo+sec dep.
Wilcombe: 3 bedrm, 1 bath, Living+ den, single level, No Pets. Avail 4/12. $1050/Mo + Sec. Dep.

CAMBRIA
Gold Coast Realty
Ocean View 3 bedrm, 2 1/2 ba, 2000 sq ft, 2 car garage, $1650/mo.
Single Level 3 bedrm, 2 ba, frplc, family room. $1600/mo.
Duplex 2 bedrm, 1 ba, 2 car garage, frplc. $1100/mo.
John P. Dunn Property Mgr./Sales 927-3883

CAMBRIA 1 bedrm, 1 ba, frplc, garage. 458-8889 **1713 Sandown**

GROVER BEACH 2/1, newly remodeled $1175 Rent + Deposit. **B&W Management 489-0667**

GROVER BEACH 3/2, yard, $1400 Rent + Deposit. **B&W Management 489-0667**

GROVER BEACH 2/1, $1200 Rent + Deposit. **B&W Management 489-0667**

POPE MGT. 481-6999
GROVER BEACH 2 bedrm, 1.5 ba, 2-story condo, dbl garage, laundry hookups, water/trash is paid. $1,195/mo. **1513 Atlantic City #C** VISIT OUR WEBSITE www.popemgt.com

GROVER BEACH 2/1, yard, pet OK. $1200 Rent + Deposit. **B&W Management 489-0667**

GROVER BEACH 2/1, remodeled, garden incl'd. $1150 + sec.dep. 805-710-0733

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MORRO BAY 3 bedrm, 2 bath in the Heights. Ffplc. $2100/mo. incl. util. 474-9211

MORRO BAY Beautiful vintage style house. Lg 3 bedrm, 2 ba. Big living rm, W/D, sm yard. $1600. Hano's Real Estate **805-528-1586**

MORRO BAY 491 Whidbey St. 2 bedrm, 1.5 ba, fireplace, sm yard & garage. $1350/mo + Deposit
Morro Bay Realty
www.morrobayrealtyrentals.com 772-6414

MORRO BAY Gorgeous 2 bedroom, ocean view, fireplace; lg garage; 2 full baths. $1495/mo. **440-5064**

NIPOMO 4/2, 1.5 acres. $2500 + Deposit. **B&W Management 489-0667**

NIPOMO 3/2, garage, $1400 Rent + Deposit. **B&W Management 489-0667**

OCEANO Brand new custom beach home, 1900 sq.ft. 3 bedrm, 2.5 ba, lg deck, ocean & dune views. $1800. Section 8 OK. **805-441-2855**

Houses For Rent

OCEANO: 1 bedrm, 1 ba, partially furn'd, 1 block to beach, off strand. $1100 + $1000 dep. Util. pd. 559-259-9815

PASO ROBLES 3 bedrm, 2 ba, barn w/ loft, 10 acres, by lake. $1600+ dep. 610-4687

PASO ROBLES 3/2 in vineyard country Avail Now. $1500/mo. Drive by 6188 Falcon Way.**805-674-7174**

PASO ROBLES 3600 sq.ft. home on Westside ranch. 4 car garage, fenced yard. $2400/mo. **237-4716 ext 11**

PASO ROBLES 4/2. 3617 Vine. Newer home, some upgrades. Avail Now. $1800. **235-6942**

PASO ROBLES 605 Oak. 3/2, garage, hkups, near downtown **310-821-7639**

PASO ROBLES Beautiful 3/2 + bonus rm, RV parking, near lake, W/D, no smoking, pets OK. $1450/mo. Avail Now. **238-5578**

PASO ROBLES Seniors 55+ 2 bedrm, 2 bath, 2 car, $1095/mo. + dep. 1729 Marigold. (805) 238-1569

PISMO BEACH 3/2.5, garage & more, $1600 + Deposit. **B&W Management 489-0667**

SANTA Margarita 2/1 w/lg 1 car garage. Clean, D/W, refrig. Nice yard, lots of tile. AC. W/D hookup. $1250/mo. plus dep. Avail Now. **Landmark Co. 471-9184**

SANTA Margarita Studio, 17 mi to Poly, quiet, utils paid, AC. $700 +dep. **462-0347**

SHANDON 3 bedrms/2 baths w/ office, on 10 acres. 3 car garage, fenced yard, $1500/mo. **237-4716 ext 11**

SHANDON 3 bedrm, 2 ba, clean, $1200/mo + dep. Avail 5/10/09. **805-226-8245**

SHELL BEACH 3/2, garage. $1550 Rent + Deposit. **B&W Management 489-0667**

SHELL BEACH 3 bedrm, 2 ba, 2 story, frplc, garage, steps to beach, $1950/mo. **461-5677 234-4445**

SHELL BEACH 3 bedrm, 1.75 ba, No Pets. $1295/mo. 118 Palomar. Asset Mgmt. 473-0102

SLO Downtown 3 bedrm/2 bath, 2-car garage; huge yd; appliances, pets, by Meadow Park. $2300/mo. **440-5064 (agt)**

SLO: 3 bedrm, 2 ba house. 2 car garage, 2 story, fenced yd & jacuzzi. Quiet S. Higuera neighborhood. Gardener incl. Avail 5/9. $2000 + dep. **805-235-6114**

SLO: Short-term/mo-mo. Avail Now. Lg 2 bedrm triplex unit w/spacious private patio. Unique architectural design, frplc, cable tv, pool, good location, all for $1425/mo. Furn or unfurn. **544-4300**

SLO: Very cute downtown 1-bedrm 'studio-house,' appliances & garden yd. $1200/mo. **440-5064 (agt)**

SLO Cute 3 bed, 2 bath, hardwood floors, fenced yard, gardener included..$2,000 **REG Prop. Mgmt. 541-6664 www.regmgmt.com**

TEMPLETON Large 4 bedroom, 2 bath home located on a cul de sac, pool & spa. $2,350 per month, security required. 235 Gaucho Ct. **Tom Taylor Realty 805-550-8427**

TEMPLETON 3 bedrm, 3 ba, views galore, frplcs, carport, room for horses xtra, no pets/smoking, water /trash pd. $1750, 1st & last.**805-591-9139**

TEMPLETON Downtown 2 bedrm, 1 bath house. Detached storage building with W/D hookups. No inside pets/ smoking. $1300/mo.+$1300dep. Avail 5/1. **466-8422**

Office Rentals

GROVER BEACH
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SLO Airport Area Office Spaces
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4211 Broad St # C 760/sq.ft., $850/mo. includes utilities
755 Fiero Lane, Suite G Warehouse & Office Space. 1863/sq.ft.
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Quaglino PROPERTIES **543-0560 Sue** www.quaglino.com

Houses For Rent

TEMPLETON 2 bedrm, 1 ba w/ garage, no pets/ smoking, $1200. **528-2826**

Condo Rentals

ARROYO GRANDE 2/1, garage, $1200 Rent + Deposit. **B&W Management 489-0667**

GROVER BEACH 2 Bedrm, 2 bath, garage, $1350 Rent + Deposit. **B&W Management 489-0667**

POPE MGT. 481-6999
GROVER BEACH 3 bedrm, 2 ba, 2 story condo, excellent condition, laundry hookups, dbl car garage. $1,295/mo. **1624 Longbranch** VISIT OUR WEBSITE www.popemgt.com

GROVER BEACH 2/2, security, fireplace, view. $1875 + Deposit. **B&W Management 489-0667**

GROVER BEACH 2/1.5, garage $1150 Rent + Deposit. **B&W Management 489-0667**

MORRO BAY Newly remodeled on the Bay. 2 bedrm, 1 ba Trash pd. $1250 & $1400. 559-999-9054

OCEANO 3/2, Garage, starting at $1300 Rent + Deposit. **B&W Management 489-0667**

PASO ROBLES 2 bedrm, 1.5 ba, private yard, sm pet considered. $1200, + dep. 239-2697 / 441-4116

SLO – Downtown 2 bedrm, 2 bath, with yard; water pd. $1400/mo. **440-5064**

CLASSIFIED WORKS!

Duplexes

NOTICE TO READERS Advertisers in Classification 413 may charge an advance fee for their service. Unless otherwise specified, most companies offer a written refund contract. The ads should not be interpreted as specific rental offers.

ARROYO GRANDE 2 Bedrm, 1 bath, garage. $1100 Rent + Deposit. **B&W Management 489-0667**

ATASCADERO 1 bedrm triplex. Section 8 OK. $745. **949-733-2188**

GROVER BEACH 3 Bedrms, 1.5 bath, garage, ocean view, yard, pet OK. $1375 + Deposit. **B&W Management 489-0667**

Roommates & Rooms

ARROYO GRANDE Quiet neighborhood. 2 rooms, private ba, utils incld, W/D, kitchen priv. $700/mo. **805-474-4061**

ATASCADERO Own room & bath. $500/mo. + $500 dep. **459-3716**

CAYUCOS Daily, Weekly, & Winter rates. 399 S Ocean 995-3810 Dolphin Inn.

LOS OSOS Furn. rm, util's incl'd $450 + $450 sec. dep., no smoking/pets. Male pref'd. **528-3702**

Storage Rentals

LOS OSOS: Budget Storage 528-0618

Office Rentals

ARROYO GRANDE Village. 1-464 sq. ft. corner office suite made of 2 offices plus closet-$685.00/mo. 2-60- sq. ft. offices $125.00/mo. each. All utilities included! **Byron Grant bgrant@southcountyrealty.com (805) 481-4297**

ARROYO GRANDE 1300 sq.ft. offices with high visibility in the Village of AG. Plenty of parking. IPB Commercial Susan Pazdan **805-431-2464**

ATASCADERO 1200 sq.ft. Office/ Retail-In Kennedy Club Fitness Center-$900/mo. 3 individual rooms + storage area & private restroom. Recently carpeted & painted, walk by traffic exposure, big glass window & door, large lighted exterior sign. Donna 805-466-9780

GROVER BEACH
960 & 968 W. Grand Ave. 286-1000 sq.ft. comm/ofc suites-fully improved, great visibility. For this & other listings, visit our website:
www.FordeProperties.com 805-481-0752

GROVER BEACH 675 sq.ft. $825/mo. 160 N. 7th. Asset Mgmt. 473-0102

MORRO BAY 540 Atascadero Rd., Unit C Office available now. Great location. Aprox 228 sq. ft. -/+ Utilities included. $275/mo and $200/deposit
Morro Bay Realty
www.morrobayrealtyrentals.com 772-6414

PISMO BEACH
•310 James Way, Suite 250 2500 sq.ft. medical office with reception.
•340 James Way, Suite 110 Upscale professional offices, 2000 sq.ft. with garage. Contact IPB Commercial Susan Pazdan **805-431-2464**

SLO
860 Walnut Professional Offices, 1100 sq. ft., A/C, skylights, 2 priv. ofcs, ba, storage rm, kitchen area, built-ins. For this & other listings, visit our website:
www.FordeProperties.com 805-481-0752

SLO-Bargain Offices At $450/mo., all services + parking. **544-3700**

SLO: Downtown Office Space 846 Higuera Street 225 - 600 sq. ft. $400 - $975/mo. Available Now (805) 543-5408

Commercial Rentals

ATASCADERO Commercial/Office Space Avail:
•Approximately 1,500 sq.ft. building Roll-up doors, bathrm and office areas. Mezzanine upstairs for more storage. Parking spaces. Water paid. 1 year lease. **(805) 466-1271**

CAMBRIA in The Garden Shed complex (805) 235-2967

South County Area

Commercial Rentals

Quality Mgmt. Services 927-2953

CAMBRIA Corner of Main & Bridge St: **"The Tin Bldg"**...Street level retail units w/ adjacent private parking! Located near popular restaurants, shops & post office! Call Re: **MOVE IN SPECIALS.** 3 Units Avail.

CAMBRIA Business Park. Units avail 600 sq.ft. & up. $400/mo. **626-272-7306**

CAMBRIA 5000 sq. ft. store in Redwood Center. $4300/mo. 434-1907

GROVER BEACH
951 & 957 W. Grand Ave. 1,400 & 1,850 sq.ft. Comm/Retail, downtown core, parking district, great visibility. For this & other listings, visit our website:
www.FordeProperties.com 805-481-0752

USE CLASSIFIED IT WORKS!

LOS OSOS CENTER 900 sq. ft./$1.35 NNN **1236 Los Osos Valley Rd** (Next to Starbucks) 543-1500 or 459-7502 los-osos-center.com

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HIGUERA PLAZA Newly constructed retail suites now available at the popular Food 4 Less/ Trader Joe's shopping center. Sizes from 1,650 to 4,100 sq. ft
Contact DAVE PINTARD Investec Commercial Inc. 805-962-8989 www.investecre.com

SLO-Downtown 100% identity location. 1640 sq. ft. + parking. **544-3700**
DILL COMMERCIAL PROPERTIES

SLO 1000 sq.ft. warehouse w/roll up & 400 sq. ft. offices. $1200/mo. **805-544-0290**

SLO 500 sq. ft. warehouse w/roll-up door & 750 sq. ft. office w/bathrm. $1150/mo. **805-544-0290**

SLO: Office & warehouse, CS zoned. 1,502 or 3004 sq.ft. 3563 Sueldo St. Units Q & R. **462-8343 or 975-7246**

Commercial Rentals

GROVER BEACH
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1,607 - 4,158 sq.ft R & D/Commercial space avail. Ocean views, high-tech friendly, roll up doors, plenty of parking, fully improved, professional image. For this & other listings, visit our website:
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GROVER BEACH
Trouville Plaza Nice comm. & prof. office bldg on busy thoroughfare. 635 to 7296 sq.ft. Many amenities; plenty of parking, back lit signage, individual baths, suited for prof. or medical offices, med. health spa, fitness center, gym, day spa/salon, deli, mini-mart or restaurant. Owner can build to suit. For this & other listings, visit our website:
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Saturday, April 25th 12-4pm, South County
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Real Estate

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READERS ARE CAUTIONED to make no investments before thoroughly investigating any advertisement in the Business Opportunity columns which require investments in stock samples, equipment or cash bonds.

Manufactured Modular & Mobile Homes

Manufactured Modular & Mobile Homes

SLO Office/Warehouse 2000 sq.ft. $1400/mo. w/roll-up door **805-544-0290**

Cambria & San Simeon

LITTLE OR NO MONEY DOWN Gorgeous 4 bedrm, 4 ba, approx. 3500 sq.ft., forest view home on 3/4 ac. in Cambria. Seller financing avail. Credit issues OK. **FSBO** Owner/Broker **927-1523**

For Sale By Owner

CHARMING Morro Heights Home. 2/1, lg fully fenced yard. Walk to downtown. Peek-a-boo ocean view. $485,500 www.990balboa.com **FSBO 975-5469**

Out Of County

VACATION HOME BY THE LAKE Wofford Heights, Ca. By Lake Isabella. 3 hour drive from the coast. 2/1 double wide mobile home w/add on permanent foundation. Comp. roof. Has pellet stove, covered deck, new berber carpet, fresh paint inside & out. New hot water heater & swamp cooler. **Listed at $99,000 541-526-5024**

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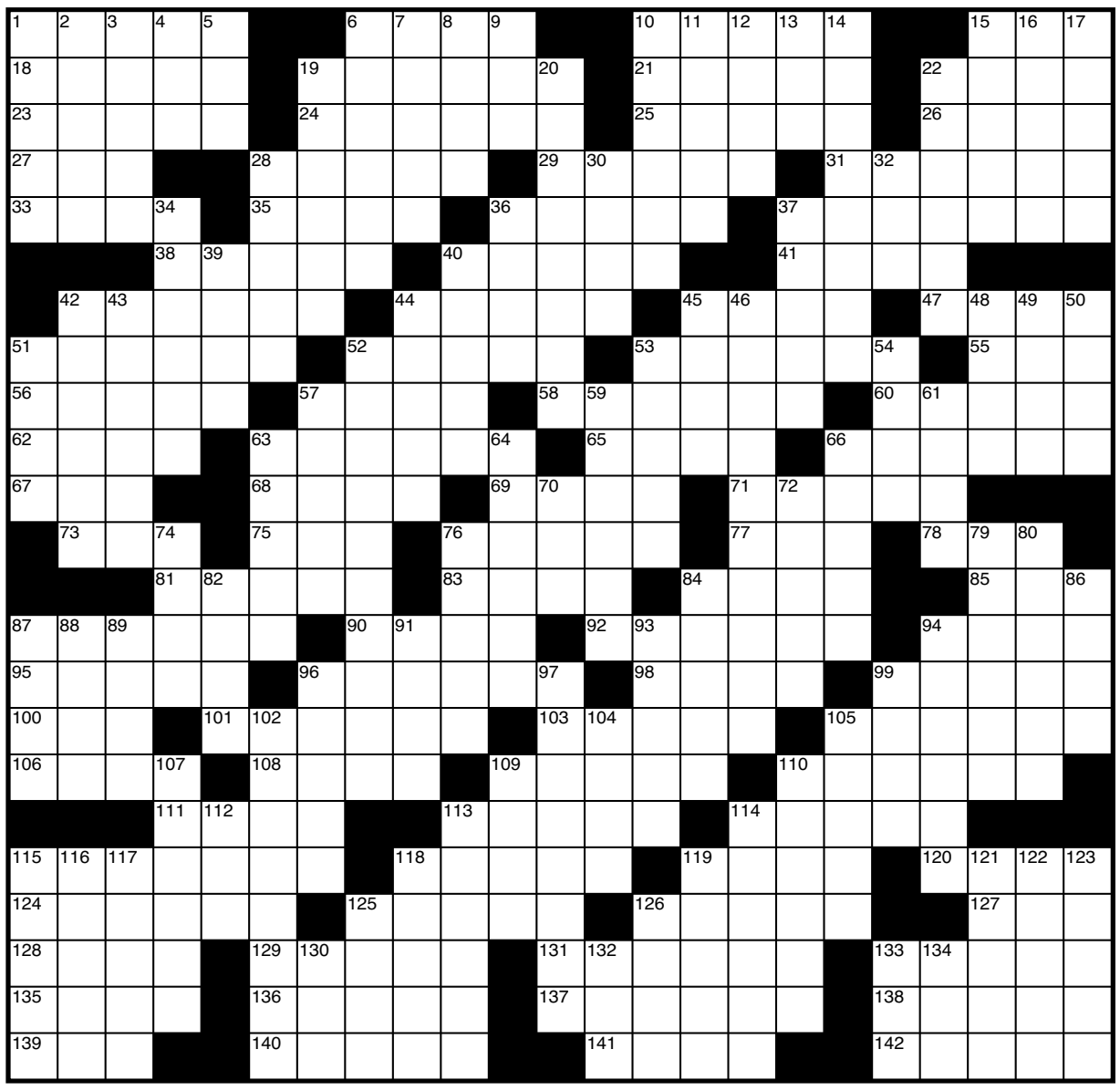
WEEKLY PUZZLER



ACROSS

1 Crack in the earth
6 Bridge
10 Tortes
15 Rocket platform
18 Tennessee - Ford
19 Makes points
21 - and kicking
22 Indian garment
23 Summed
24 Knitted fabric
25 Barkin or Burstyn
26 Aqua -
27 Old French coin
28 Collision
29 Illegal burning
31 Sartor
33 Woody plant
35 Desire
36 Anti-slip device
37 Surging
38 Artless
40 Kind of plant
41 Indigo dye
42 City in Wisconsin
44 Challenger
45 Sand hill
47 Went quickly
51 Felt hat
52 Modest restaurant
53 Commix
55 High card
56 Love
57 Skillful
58 - Alva Edison
60 Express
62 Melody
63 Flyer's fatigue (2 wds.)
65 Singles
66 Coal
67 Chem. or biol., e.g.
68 Fit to - -
69 - Stanley Gardner
71 Field or Struthers
73 A letter
75 According to
76 Verily
77 Actress - Thurman
78 Clock numerals
81 Incantation
83 Bombs and bullets
84 Federal agents (hyph.)
85 Swab
87 Reach
90 Indian of Peru
92 Electrician's concern
94 Vanish
95 Boorish one
96 Apply oil to
98 Peel
99 Authentic
100 Chafe
101 Most recent
103 Chimp's cousin, for short
105 Calm
106 A cheese
108 Fashion
109 Quarrels
110 Few and far between
111 Fall birthstone
113 A little bit
114 Yellowish brown
115 Tangle
118 Kayak
119 State of agitation
120 Graceful bird
124 Baby's toy
125 Celestial body
126 Gleam
127 Pub drink
128 Eastern servant
129 Treasure -
131 Cling
133 Moisten with juices
135 Hardens
136 Stopwatch
137 More difficult
138 Chose
139 Begley and Sullivan
140 Sharif and others
141 Insects
142 Like a tavern

DOWN

1 Elaborate meal
2 Passion
3 Excessive
4 Fib
5 Spread to dry
6 Harsh noise
7 Balance
8 Chief
9 - -impressionism
10 Roman emperor
11 Apportion
12 Oven for pottery
13 Holiday time
14 Guard
15 Sao -
16 Item in a quiver
17 Locked book
19 Endeavored
20 Dependable
22 Acts of falling
28 Porcelain
30 Film spool
32 - Baba
34 Repeat performance
36 Inlet
37 Fringe of hair
39 River in England
40 Ship of 1492
42 Lessen
43 Gorgeous guy
44 Carbine
45 Silver coin
46 Modest
48 Remunerated
49 - homo!
50 Buck
51 Waller or Domino
52 Resolved
53 Cash
54 Wicked
57 Prevent from acting
59 Empty
61 Stone for cameos
63 Where Sapporo is
64 Berliner
66 Bell sound
70 Liquor
72 Make better
74 Mark from an injury
76 Implied only
79 Pictures
80 An antiseptic
82 Mound
84 Smiles
86 For -'s sake!
87 Land measure
88 Dull sound
89 Brass instrument
91 Proboscis
93 Angry
94 - wheel
96 Coral island
97 Excellent
99 Plumber's concern
102 Almond liqueur
104 Fury
105 Outpouring
107 Periods of time
109 - qua non
110 Black eye
112 Chum
113 Circus performers
114 Scalpels
115 Rub out
116 Called
117 Numerical information, for short
118 Lid
119 Ghost
121 Squander
122 Make changes in
123 Poor
125 Insensible state
126 Withered
130 Curved edge
132 Workroom, for short
133 Move up and down
134 Mimic

PUZZLE ANSWERS PAGE 4

Auto

Boats & Equipment

OUTBOARD Motor 200Hp, Merc, needs new power head. $2500 805-543-3323

Vans

VAN ads start with the make, model, & year of the vehicle.

RVs, Travel Trailers & Campers

BLUE BIRD Wander Lodge '03 43', 2 slide-out, 600hp diesel. Take over payments. No credit needed. 760-807-9142

COUNTRY COACH '06 Magna, 42', 4 slide-outs. Take over payments. No credit needed. 760-807-9142

DODGE Bunkhouse '77 V8, new tires/brakes. Smogged $5500 805-461-3124

CLASSIFIED

WATCH for PHOTO!

FLEETWOOD Prowler '00 32' travel trailer. 1 Slide Out. Many cabinets. $14,000/obo. 805-772-5054 Ask for Gary

JAYCO 5th Wheel 1994 26.5' Jay Series. Xlnt Cond. Queen bed. Lg slide-out, AC, awning. New tires, refrig, battery & charger. Non-smoking, original owners. Hitch incl. $7000. **805-466-3541**

Vehicles Wanted

TIMO'S AUTO WRECKING We Buy 1994 & newer cars, trucks, and vans. Running or not. **805-343-7747**

Auto Parts & Services

RIMS/Tires (4) Ford stock polished rims w/ caps $125. 464-1012

Trucks

TRUCK ads start with the make, model, & year of the vehicle.

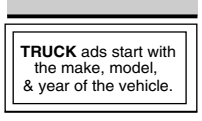
See More GM cars at cars.com

Import Autos

WATCH for PHOTO!

Honda Civic '96 234,000 miles. Runs good. Ideal for getting around the county, or for a student. Single owner, white (rust patch on hood), 4-door, stick shift. Make offer. Call Bob or Gayle at **489-1026**

CLASSIFIED WORKS!



HONDA Civic LX '05 4D, Auto, good cond., 101K mi., $10,750 **805-704-0357**

INFINITI Q45, '97 Auto, leather, sunroof, Bose, chrome wheels, etc. Great cond. $4,095 805-541-5559

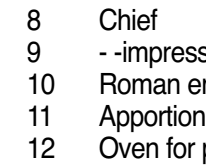
LEXUS RX 330 2005 chrome wheels. GPS. Sunroof. Xlnt. cond. $18,000. 478-7970

See More Hondas at cars.com

Import Autos

See More Mazdas at cars.com

See More Mercedes at cars.com



TOYOTA PRIUS 2005 Silver, 37,190mi, Good condition $16,450 **805-528-8233**

Domestic

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PONTIAC Bonneville '05 SE, V6, 30 MPG Highway, 53K mi, good cond, $9,000 704-0357

See More Dodges at cars.com

See More Mercurys at cars.com

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